

### Abstract of the Disclosure

The position of telescopic tubes inserted one in the other, for sports poles, can be fixed, whereby a clamping device is provided within the tubes. The clamping device has a clamping piece and expanding bodies, provided on both ends of the clamping piece. The expanding bodies are screwed onto a threaded rod with counter-running threads sections. On relative rotation of the tubes the expanding bodies are forced into the clamping piece from both ends thereof with an appropriate rotational direction and extend the same essentially evenly outwards over the whole length thereof such that the same rests on the inner surface of the outer tube with a frictional connection and thus fixes the length of the pole, once adjusted. The tubes can thus be fixed with less force required than usual in the desired position relative to each other.